

ABSTRACT OF THE DISCLOSURE

Compositions for oral administration of

- (a) a physiologically active fatty acid containing about 16 to 26 carbon atoms and about 2 to 6 double bonds, and esters or glycerides thereof; and
- (b) an oligomeric proanthocyanidin or a plant extract containing said proanthocyanidin are disclosed. Methods of using the compositions as additives in food products are also disclosed.